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Self-care is not selfish. It's essential for your well-being and the well-being of those around you



by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Press](#)© | 24 June 2023 |

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Self-care and reality with mindfulness:

- **Self-care is not selfish. It's essential for your well-being and the well-being of those around you.**
- **Mindfulness is the practice of paying attention to the present moment without judgment. It can help you reduce stress, improve your mood, and make better decisions.**
- **Reality can be challenging, but it's important to face it with courage and compassion. Mindfulness can help you do that.**



On my website, I have this as my little biography.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International

papers and magazines with a social justice focus. Recently was able to join the [Hulu/FX Series **Reservation Dogs**](#), as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

This also assists in maintaining my focus on my lane as it relates to me teaching yoga, meditation, mindfulness. I also put links so folks who are curious what they mean for educational purposes.

The positive words we use to describe ourselves, such as “good,” “smart,” and “worthy,” can actually be harmful if they are used to mask our pain and trauma. These words can create a false sense of security that prevents us from facing our true selves and healing. We can feed our dysfunctions in a loving way by attending 12-step meetings, seeking behavioral health counseling, practicing meditation, mindfulness, and yoga.

Here is a more detailed explanation of each of the mentioned methods:

- **12-step meetings:** 12-step meetings are a type of support group that can be helpful for people struggling with addiction, mental illness, or other challenges. These groups provide a safe space for people to share their experiences and connect with others who understand what they are going through.
- **Behavioral health counseling:** Behavioral health counseling is a type of therapy that can help people understand and manage their thoughts, feelings, and behaviors. This type of counseling can be helpful for people struggling with a variety of issues, including addiction, depression, anxiety, and trauma.
- **Meditation:** Meditation is a practice that involves focusing your attention on the present moment. This can be done through a variety of techniques, such as focusing on your breath, on a mantra, or on a body scan.

Meditation can help reduce stress, improve your mood, and increase your self-awareness.

- **Mindfulness:** Mindfulness is a type of awareness that involves paying attention to the present moment without judgment. This can be done through a variety of techniques, such as meditation, yoga, or simply taking a few moments each day to focus on your breath. Mindfulness can help reduce stress, improve your mood, and increase your self-compassion.
- **Yoga:** Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. Yoga can help improve your physical health, mental health, and emotional well-being.

I hope this is helpful! I've gained substantial emotional growth through 12-step programs. I now see my mindfulness, meditation, and yoga, as my 12-step tool belt so to speak.

From my teenage years to my early thirties, I used alcohol and drugs to cope with my fear of social situations. I withdrew from others and isolated myself. I now know that I was using these substances to self-medicate for my dysfunctional interpersonal skills.

I now understand that I need to incorporate social interaction and healthy relationships into my self-care routine. These things help me to feel connected and supported, which is essential for my mental and emotional well-being. Without them, I would feel lost and alone.

I also know that I am not alone in this experience. Many people struggle with social anxiety and isolation. There are resources available to help people overcome these challenges.

If you are struggling with social anxiety or isolation, please know that you are not alone. There is help available. Please reach out to a mental health professional or a support group. You can also find helpful information online.

I am proof that the cycle of trauma can be broken. With the right support, you can overcome your challenges and live a fulfilling life.

Here are some tips for incorporating social interaction and healthy relationships into your self-care routine:

- **Spend time with loved ones:** Make time for the people who matter most to you. This could mean going out for coffee with a friend, spending time with family, or calling a loved one to catch up.
- **Join a support group:** There are many support groups available for people with social anxiety and isolation. These groups can provide a safe space to connect with others who understand what you are going through.
- **Seek professional help:** If you are struggling to cope with social anxiety or isolation, please consider seeking professional help. A therapist can help you to develop coping mechanisms and strategies for dealing with your challenges.

Remember, you are not alone. There is help available. Please reach out for support.

There are many medical and intervention practices that can be helpful, in addition to yoga. I have personally practiced yoga for over 30 years, and I have found that it has helped me to find peace and compassion. Yoga has helped me to slow down my thoughts and to focus on the present moment. This has made my daily life more contemplative and less manic.



[Link to article](#)

I was so afraid of being seen as weak and vulnerable that I tried to control everything in my life. I thought that if I could control my image and my situation, I would never have to face my true self, the part of me that was hurting, crying, and disoriented. However, psychology tells us that there is a lower self and a higher self. The lower self is the part of us that is driven by fear and ego. The higher self is the part of us that is connected to love and compassion. When we try to control everything in our lives, we are living from the lower self. When we allow ourselves to be vulnerable and open to the world, we are living from the higher self.

The Lower Self: The animal-like creature which is deeply rooted in our system. Its main goal is to survive and feel good. **The Higher Self:** The evolved creature.

As a writer and poet, I am careful with my words. The word “yogi” has a specific meaning, but it can also be used more broadly to describe someone who is committed to self-growth and spiritual development through yoga. In this sense, the Higher Self can be seen as a yogi. Our minds may want to make the word “yogi”

more exclusive, **but it simply refers to anyone who is willing to do the work of personal transformation.**

In trauma-informed mindfulness work, teachers often avoid leading others down a specific path. Instead, they prefer to teach foundational yogic lessons through the lens of compassion, openness, and safety. This is because the journey of personal transformation is always unique to the individual. ***Teachers are fellow practitioners who can help you connect with your own self-awareness. Ultimately, it is up to you to decide how you will work with what you learn.***

Ahimsa

Let us begin our journey into the personal ethics offered in the eight-fold path known as The Yamas. Ahimsa, also called non-harm/non-violence, is the deepest foundational root of a healing-centered yoga practice. **Ahimsa offers to us that, along with our commitment to ourselves and the embarking of this yoga journey, we bring our awareness and intention to reduce any further harm brought into our lives and the lives of others.** We commit to being of service, personally and communally, to support personal and collective healing. This commitment sounds easy and impossible simultaneously, especially as we explore how deep these roots travel.

Prison Yoga 200hr CYT Training Manual

When dealing with mindfulness, it is important to apply self-care to ourselves first. This means taking care of our physical, mental, and emotional needs. We can do this by eating healthy foods, getting enough sleep, exercising regularly, and spending time doing activities that we enjoy.

Self-care is important because it helps us to be more present and mindful. When we are taking care of ourselves, we are less likely to be stressed or anxious. This makes it easier for us to focus on the present moment and to be aware of our thoughts, feelings, and bodily sensations.

अहिंसा

(a-hiM-sA)

Harmlessness, abstaining from
killing or giving pain to others
in thought, word, or deed

I do not see myself as a leader or a guru. I am simply a messenger, a vessel for a message that is over 5,000 years old. Trauma can take many forms, and teaching should not be a source of additional trauma. Instead, teachers should choose their words, actions, and presence mindfully, with consideration for how others might receive them.

I am not perfect. I have struggles in my life, just like everyone else. I used to strive for perfection, but I have learned that it is an unrealistic goal. Instead, I focus on doing what I can to keep my mind at peace. I do this through yoga, meditation, mindfulness, workshops, retreats, and behavioral health counseling.

I find it more loving and compassionate to embrace Eastern healing practices than to use drugs, alcohol, or isolation. These practices have helped me to connect with my inner wisdom and to heal from my past traumas. They have also helped me to develop healthy coping mechanisms for dealing with stress and difficult emotions.

As a result of these practices, my energy levels and chakras are flowing as they were intended. I am more present and mindful in my daily life. I am also more connected to my loved ones and to the world around me.

I am grateful for the opportunity to share my story with you. I hope that it will inspire you to ***find your own path to healing and peace.***

Here are some additional tips for dealing with struggles in your life:

- **Talk to someone you trust:** Talking to a friend, family member, therapist, or other trusted person can help you to process your emotions and to develop coping mechanisms.
- **Take care of yourself:** Make sure to get enough sleep, eat healthy foods, and exercise regularly. Taking care of your physical health will help you to better manage your emotional health.
- **Find a healthy outlet for your emotions:** This could be anything from journaling to yoga to spending time in nature. Finding a healthy way to express your emotions will help you to feel better and to cope with stress.
- **Remember that you are not alone:** There are many people who struggle with challenges in their lives. There is help available, and you do not have to go through this alone.

How and why to use mindfulness for self-care:

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of being aware of your thoughts, feelings, and bodily sensations without getting caught up in them. Mindfulness can be practiced in many different ways, including meditation, yoga, and simply taking a few moments each day to focus on your breath.

There are many benefits to practicing mindfulness, including:

- **Reduced stress and anxiety:** Mindfulness can help you to relax and let go of stress and anxiety. When you are mindful, you are able to observe your thoughts and feelings without getting caught up in them. This can help you to see that your thoughts and feelings are not permanent, and that they do not define you.
- **Improved focus and concentration:** Mindfulness can help you to improve your focus and concentration. When you are mindful, you are able to direct your attention to the present moment without getting distracted by thoughts of the past or the future. This can help you to be more productive and to learn new things more easily.
- **Increased self-awareness:** Mindfulness can help you to increase your self-awareness. When you are mindful, you are able to observe your thoughts, feelings, and bodily sensations without judgment. This can help you to understand yourself better and to make more mindful choices.
- **Improved relationships:** Mindfulness can help you to improve your relationships. When you are mindful, you are able to listen to others without judgment and to communicate more effectively. This can help you to build stronger relationships with your loved ones.

Mindfulness is a powerful tool that can be used for self-care. If you are looking for ways to reduce stress, improve your focus, increase your self-awareness, or improve your relationships, then mindfulness is a great place to start.

Here are some tips for using mindfulness for self-care:

- **Find a quiet place where you will not be disturbed.**
- **Sit comfortably, either on a chair or on the floor.**
- **Close your eyes and take a few deep breaths.**
- **Pay attention to your breath as you inhale and exhale.**
- **Notice any thoughts or feelings that come up, without judgment.**
- **If your mind wanders, gently bring it back to your breath.**
- **Continue for 5-10 minutes.**

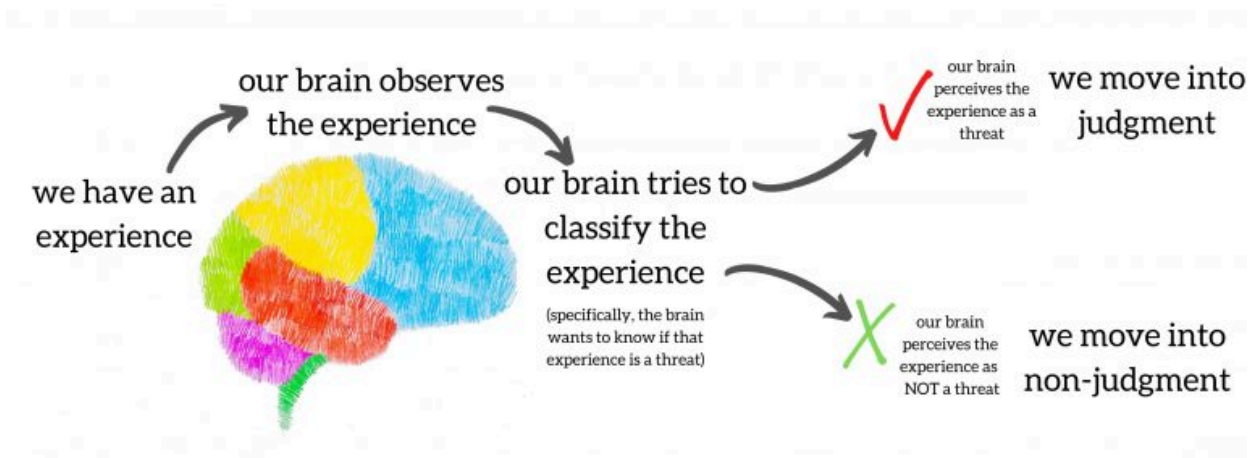
You can practice mindfulness at any time, but it is especially helpful to practice when you are feeling stressed, anxious, or overwhelmed. Mindfulness can help you to calm down, relax, and to gain a new perspective on your situation.

If you are new to mindfulness, it may be helpful to work with a qualified mindfulness teacher or therapist. They can help you to learn the basics of mindfulness and to develop a regular mindfulness practice.

Mindfulness is a powerful tool that can be used to improve your mental, emotional, and physical health. If you are looking for ways to improve your self-care, then mindfulness is a great place to start.

How to practice non-judgment with yourself as it relates to practicing mindfulness:

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of being aware of your thoughts, feelings, and bodily sensations without getting caught up in them. Mindfulness can be practiced in many different ways, including meditation, yoga, and simply taking a few moments each day to focus on your breath.



Non-judgment is an important aspect of mindfulness. When we judge ourselves, we create a sense of separation between ourselves and our thoughts, feelings, and bodily sensations. This can lead to feelings of shame, guilt, and anxiety. When we practice non-judgment, we accept ourselves as we are, without trying to change or control our thoughts, feelings, or bodily sensations. This can lead to feelings of peace, acceptance, and compassion.

Here are some tips for practicing non-judgment with yourself:

- **Notice when you are judging yourself.** The first step to practicing non-judgment is to become aware of when you are judging yourself. When you notice that you are judging yourself, simply observe the judgment without getting caught up in it.
- **Label your judgments.** Once you have become aware of your judgments, label them as “judgments.” This can help you to see that your judgments are just thoughts, and that they do not define you.
- **Let go of your judgments.** Once you have labeled your judgments, you can choose to let them go. This does not mean that you have to agree with your thoughts or feelings, but it does mean that you do not have to hold onto them.
- **Be kind to yourself.** When you practice non-judgment, you are practicing kindness towards yourself. This means accepting yourself as you are,

without trying to change or control your thoughts, feelings, or bodily sensations.

Practicing non-judgment is a skill that takes time and practice to develop. However, the more you practice, the easier it will become. When you practice non-judgment, you can begin to experience the benefits of mindfulness, such as reduced stress, anxiety, and depression, as well as increased self-awareness, compassion, and peace.

Here are some additional tips for practicing non-judgment with yourself:

- **Focus on your breath.** When you are feeling judged, take a few deep breaths and focus on your breath. This can help you to calm down and to bring your attention back to the present moment.
- **Be gentle with yourself.** Remember that you are human and that everyone makes mistakes. Be kind to yourself and forgive yourself for your mistakes.
- **Seek support.** If you are struggling to practice non-judgment on your own, consider seeking support from a therapist or mindfulness teacher. They can help you to develop a practice that works for you.

Practicing non-judgment is a journey, not a destination. There will be times when you slip up and judge yourself. However, the more you practice, the easier it will become to let go of judgment and to accept yourself as you are.

I wanted to share my personal issues I face as it relates to practicing yoga, mindfulness, and meditation.. It takes courage to be open and vulnerable, and I am honored that you have chosen to do so with me. I understand that you are struggling with a lot right now, and I want to assure you that you are not alone. Many people experience similar challenges, and there is help available.

Mindfulness is a powerful tool that can help you to cope with your personal issues. Mindfulness is the practice of paying attention to the present moment, without judgment. It can help you to become more aware of your thoughts, feelings, and bodily sensations, and to respond to them in a more mindful way.

There are many different ways to practice mindfulness. You can start by simply taking a few minutes each day to focus on your breath. As you breathe in, say to yourself, “I am breathing in.” As you breathe out, say to yourself, “I am breathing out.” You can also practice mindfulness by paying attention to your surroundings. Notice the sights, sounds, smells, tastes, and textures around you. Simply observe them without judgment.

Mindfulness can be a helpful tool for dealing with a variety of personal issues. It can help you to reduce stress, anxiety, and depression. It can also help you to improve your relationships, increase your self-awareness, and make more mindful choices.



[*Link to Article*](#)

If you are interested in learning more about mindfulness, there are many resources available. You can find books, articles, websites, and even mindfulness apps. You can also find mindfulness classes and workshops in your community.

I encourage you to explore mindfulness and see if it is a helpful tool for you. It may not be the answer to all of your problems, but it can be a valuable addition to your coping toolkit.

Here are some additional tips for using mindfulness to cope with personal issues:

- **Be patient.** It takes time and practice to develop a mindfulness practice. Don't get discouraged if you don't see results right away.
- **Be kind to yourself.** Mindfulness is about accepting yourself as you are, without judgment. Be patient with yourself as you learn to practice mindfulness.
- **Find a support system.** Talking to someone about your struggles can be helpful. Find a friend, family member, therapist, or support group that you can talk to about your experiences.
- **Don't give up.** Coping with personal issues can be challenging, but it is important to remember that you are not alone. There is help available, and you can get through this.

Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Yoga

4 Hatha yoga asanas that promote self-care with mindfulness:

- **Child's pose (Balasana):** This pose is a great way to relax and release tension in the body. To do child's pose, start on your hands and knees. Then, slowly bring your hips back towards your heels and rest your forehead on the ground. You can keep your arms extended in front of you or rest them by your sides. [Gaia](#) Child's pose (Balasana) yoga asana



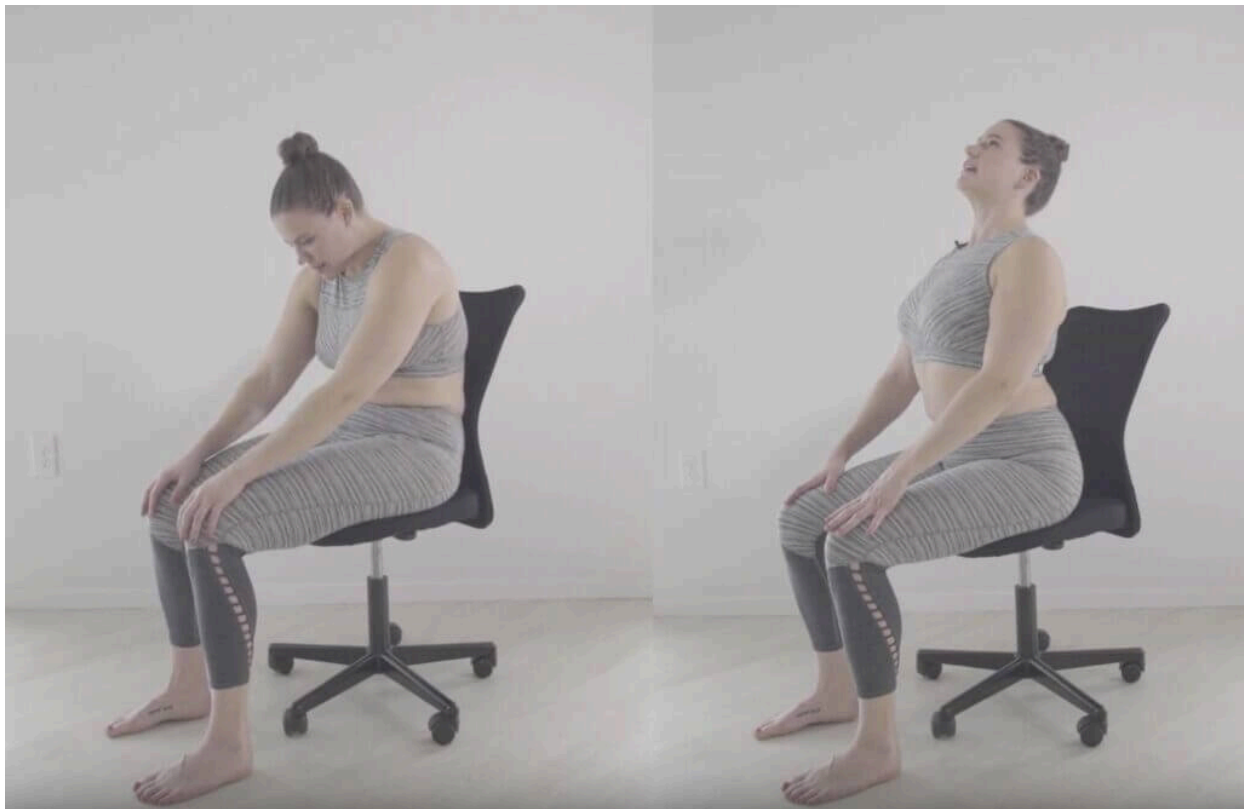
Child's pose tutorial with variations (Balasana)



Variation

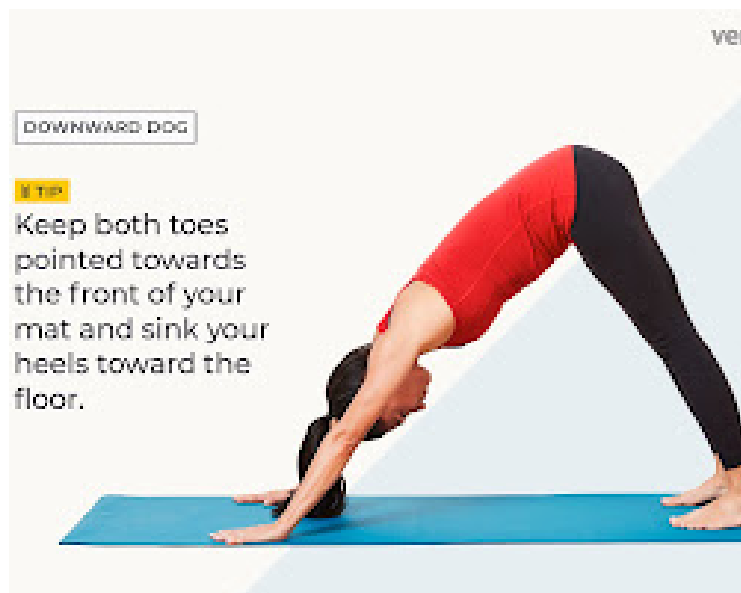
- **Cat-cow pose (Marjaryasana and Bitilasana):** This pose is a great way to stretch the spine and improve flexibility. To do cat-cow pose, start on your hands and knees. Then, as you inhale, arch your back like a cat and look up. As you exhale, round your back like a cow and tuck your chin towards your chest. [Yogajala](#) Cat-cow pose (Marjaryasana and Bitilasana) yoga asana





Variation

- **Downward-facing dog (Adho Mukha Svanasana):** This pose is a great way to strengthen the back and legs. To do downward-facing dog, start on your hands and knees. Then, step your feet back so that your body forms an inverted V shape. Keep your arms straight and your spine long. [Verywell Fit](#) Downward-facing dog (Adho Mukha Svanasana) yoga asana

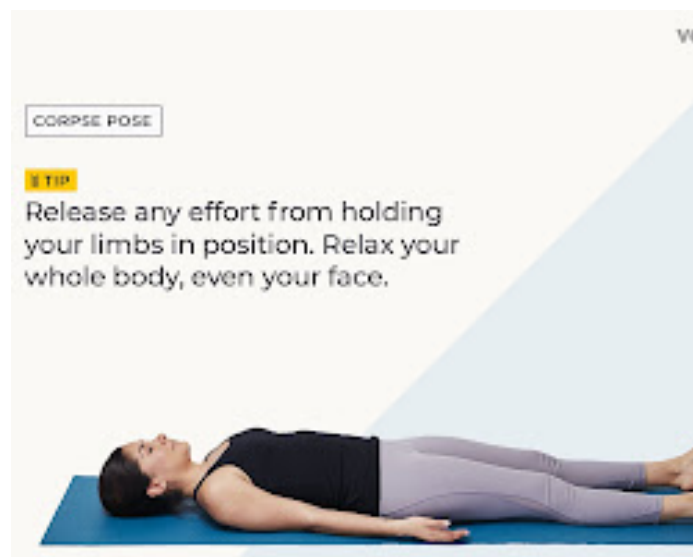


Accessible Downward Dog: Variations and Modifications for Adho ...



Variation

- **Corpse pose (Savasana):** This pose is a great way to relax and de-stress the mind and body. To do corpse pose, lie on your back with your legs extended and your arms at your sides. Close your eyes and relax your entire body. You can focus on your breath or simply allow your mind to wander. [Opens in a new windowVerywell Fit](#) Corpse pose (Savasana) yoga asana





Variations

When practicing these asanas, it is important to focus on your breath and to be mindful of your body. Notice any areas of tension and try to relax them. If your mind wanders, gently bring it back to your breath. With regular practice, you will begin to experience the benefits of yoga, such as reduced stress, improved flexibility, and a greater sense of peace and well-being.

Research

3 academic & scientific articles on why one should practice self-care first on themselves with mindfulness:

1. The Benefits of Mindfulness-Based Self-Compassion for Mental Health

This article, published in the journal *Clinical Psychology Review*, discusses the benefits of mindfulness-based self-compassion (MBSC) for mental health. MBSC is a type of mindfulness meditation that focuses on cultivating compassion for oneself. The authors of the article found that MBSC can be effective in reducing symptoms of anxiety, depression, and stress.

2. Mindfulness and Self-Care: A Review of the Literature

This article, published in the journal *Mindfulness*, reviews the literature on the relationship between mindfulness and self-care. The authors of the article found that mindfulness can be helpful in promoting self-care behaviors such as exercise, sleep, and healthy eating. Mindfulness can also help people to cope with stress and difficult emotions.

3. The Power of Self-Care: How Mindfulness Can Help You Thrive

This article, published in the Harvard Business Review, discusses the importance of self-care and how mindfulness can help people to thrive. The author of the article argues that mindfulness can help people to be more present, aware, and accepting of themselves. This can lead to a number of benefits, including reduced stress, improved sleep, and increased happiness.

These are just a few examples of the many academic & scientific articles that have been published on the benefits of mindfulness-based self-care. If you are interested in learning more about this topic, I encourage you to do some research and find resources that are right for you.

Resources

BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
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- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>

- The American Psychological Association: <https://www.apa.org/>

- Prison Yoga Project – 200hr Yoga Teachers

Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>

- In The Rooms (web based 12-STEP rooms)

<https://www.intherooms.com/home/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

Sign up for our newsletter: <http://eepurl.com/hQlZgI>

Dharma Seeds Press bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

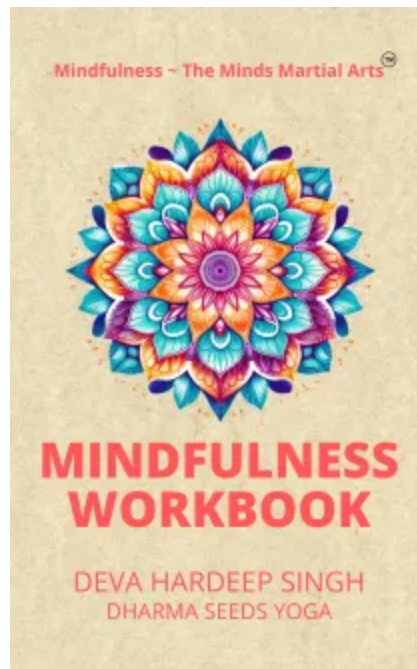
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For more information on our Engage Mindfulness™ please
email: dharmaseedsyoga@gmail.com



NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

The Mind's Martial Arts™ Chapter 1



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Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the **Hulu/FX Series Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



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[June 24, 2023](#)

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